

## Improving Transition of Care for Adult Patients with Sickle Cell Disease

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### Authors Note

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This quality improvement project was implemented to provide effective management for adult patients with SCD at JHAH.

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**Abstract**

**Background:** Among the most common severe monogenic disorders worldwide, sickle-cell disease (SCD) is a relatively common genetic disorder in Saudi Arabia (SA).

Although the prevalence of SCD varies geographically in SA, the highest prevalence is reported in the eastern region. Current practices related to the transition between inpatient and outpatient care are challenged by the lack of standard practice patterns and dedicated teams, which impact negatively on the hospitalization rates and ER visits.

**Aims:** To standardized pain management practice, to decrease re-hospitalization and ER visits and increase patient satisfaction regarding pain control. **Design:** A quality improvement project was conducted with a convenience sample of patients, age 14 years and above, admitted to the hospital with vascular occlusive crisis (VOC), to assess pre- and post-intervention outcomes. A patient satisfaction survey was used to assess the level of pain control during admission. A retrospective review of the electronic medical records (EMR) of the patients admitted with VOC three months' pre-intervention implementation was used to compare the mean length of the stay, the mean of the re-hospitalization rate, the mean of the ER visits, the mean of first analgesia given, and the mean level of the pain score during hospitalization. **Methods:** An evidence-based clinical pathway for patients with VOC was implemented as a new standard of care.

**Results:** Implementing this pathway improved the analgesic administration during admission and post discharge home, led to a significant reduction of the readmission rate, the emergency room visits, and increased patient satisfaction with the level of pain control.

*Keyword:* sickle cell disease, adult, guidelines, acute pain management, vascular occlusive crisis